

# I Believe

The Apostles' Creed opens with a powerful assertion: "I Believe." It's an assertion repeated two more times before the creed is done. But what does it mean to believe?

## I Believe Nikki Yanofski

There comes a moment when my heart must stand alone  
On this lonely path I've chosen  
like a house that's not a home  
sometimes when I feel I've had enough  
and I feel like giving up  
you willed me to be all I can be  
now nothing can stop me

I believe in the power that comes  
From a world brought together as one  
I believe together we'll fly  
I believe in the power of you and I

This the moment we have dreamed of all our lives  
We'll be the change we wish from others  
We'll stand tall for what is right  
And in my heart there'll be no doubt  
"and the arms of" the world will come reaching out  
And embrace me to be all I can be  
Now nothing can stop me

I believe in the power that comes  
From a world brought together as one  
I believe together we'll fly  
I believe in the power of you and I  
I believe in the power... of you and I

## Discuss

What does this song make you think about the statement: "I Believe"?

## What does "I Believe" Mean?

When Christians confess, "I believe..." there are four things being asserted:

- 1) **Faith means assent** – Faith is believing that certain things are true.
- 2) **Faith means trust** – Faith is saying, "yes" to God. It's a decision, an act of will to trust God. To say "I believe" is to trust that God is actually who he says he is. It is to trust that he will actually do what he says he will do.

**Discuss:** What areas of your life do you think God wants to heal, restore or redeem? What might it look like to believe that he actually will do this?

- 3) ***Faith means commitment*** – “I believe is a public declaration of one’s commitment God. To believe in God is to belong to God.
- 4) ***Faith means obedience*** – Faith leads us to obedience. It is a willingness to trust and obey the God who has called us to faith in him.

When Christians say, “I believe in God” they are not merely making a cerebral assertion. They are proclaiming a commitment to lean into God, to encounter the real person that is God. They are committing to being shaped and changed by the person they meet.

### **Discuss**

If Christian belief includes action, what does that look like in the lives of Jesus followers?

### **Recite Creed and Pray**

Close your time together reciting the Creed and praying that God would give us real faith. Faith that involves the head, heart, hands and feet!